

Wellness Benefit Program

NDPERS Wellness Forum

November, 2008

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OVERVIEW

- **Wellness Benefit Funding Program**
- **Program Funding**
- **Program Options**
- **Application Process**
- **Reimbursement**
- **Ineligible Expenses**

Wellness Funding Program

- **Available to all state agencies and participating political subdivisions in the State's health plan that participate in the Employer Based Wellness Discount Program.**
- **Increase awareness of lifestyle and healthy habits to employees by promoting work site wellness programs.**

Wellness Funding Program

- **Provide funding assistance for on-site wellness and health promotion efforts.**
- **Provide educational opportunities for our Wellness Coordinators.**
- **Provide a resource of programs for you to reference.**

Program Funding

Calculation 1:

100% of the first \$500 or actual program expense, whichever is less, plus 75% of actual expenses in excess of \$500 to a maximum benefit of \$1,000 OR

Calculation 2:

\$2.00 times the number of health contracts

Eligible for funding to conduct one on-site program each fiscal year. Expenses applied to FY in which incurred.

Program Options

- **PERS Sponsored Program – PERS works with various entities to make specific programs available for use by employers (PERS Fruit & Veggie Challenge, Go Red/ND Heart Association, Resource Library).**
- **BCBSND Wellness Programs (Walking Works, Beat the Bug, etc.)**
- **Employer Initiated Program – Work site develops own program.**

Application Process

- **The Wellness Funding Application is combined with Employer Based Wellness Program Discount Application.**
- **If check 'YES' to funding assistance question on Discount Application, must complete the Wellness Funding Application.**

Application Process

- **Must demonstrate direct correlation between program(s) proposed on the discount application and request for funds.**
- **Must be signed by agency designated Wellness Coordinator.**

Application Process

Considerations:

- **Estimate expenses – use previous year's budget, if applicable.**
- **If change in proposed program activities during year, may submit amended Discount and Funding application.**



Application Process

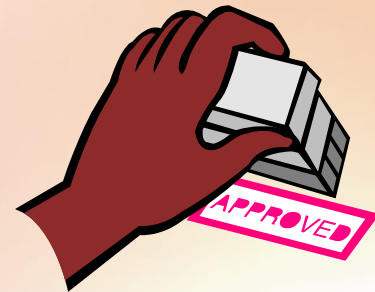
- **Applications and related information available from NDPERS web site:**

www.nd.gov/ndpers → Program Administration



Application Process

- **Reviewed by Wellness Benefit Committee:**
 - **BCBS**
 - **State Health Department**
 - **NDPERS**
- **Will be notified of Committee's decision within 60 days.**



Reimbursement

- **Two options:**
 - **Reimburse vendor direct**
 - **Provide an itemized invoice (no. receiving service x cost per service)**
 - **Reimburse the employer**
 - **Provide an itemized invoice**
 - **Copy of cancelled check**
- **Submit to NDPERS**
- **Reimbursement is made by BCBSND**

Ineligible Expenses

- **Food items or services, bottled water or water dispensers**
- **Incentives, prizes or gift certificates**
- **Services for massages**
- **Individual memberships in diet programs, health, athletic or fitness clubs**

Ineligible Expenses

- **Exercise equipment or health monitoring equipment**
- **Printing expenses**
- **Expenses for mailing or office supplies**
- **Services provided for the benefit of dependents, the general public, or in the case of a campus or school, for students.**

- **QUESTIONS?**

